

API HOPE AND RECOVERY CONFERENCE AT ALMANSOR COURT
By Catherine Bond, MFT, Director of Empowerment & Advocacy Division



The Asian and Pacific Islander conference by and for clients was held on Wednesday, October 23, at Almansor Court in Alhambra. 444 people – consumers, family members and staff from LACDMH directly-operated and contract agencies – registered to attend the 8th annual API Hope & Recovery Conference, *Open Heart, Open Mind: Building Wellness Together*.



Trang Mac, MSW Candidate 2014

The keynote speaker, Trang Mac, who came to the United States from Vietnam at the age of 22, shared her story of overcoming barriers, linguistic, cultural and personal, in order to achieve her dream of going to graduate school to become a social worker. Llanette Morgan and Lolita Namocatcat, co-chairs of the API Consumer Leadership Council, served as MCs.



Dennis Murata, Deputy Director of the Program Support Bureau, spoke at the “Ask the Director” segment, and there were opportunities for several question and answer sessions. There was a Transitional Age Youth panel as well as an API Speakers Bureau panel on overcoming stigma and discrimination.



The cultural performance was the Chinese lion dance, and four workshops were presented, including an interactive Tai Chi presentation. The APCTC Never Stop Band played during lunch. Fifteen exhibitors hosted tables with information on many topics, including client advocacy, consumer art, employment and housing.